

**Missouri Spring Institute
Evening Workshop Program
Wednesday May 18, 2005: 6:00-7:30 PM**

**DUAL RECOVERY SELF-HELP SUPPORT:
DUAL RECOVERY ANONYMOUS (DRA) GROUP SKILLS**

- I. Dual Recovery Anonymous (DRA): An Overview
 - A. Introduction: DRA Meeting Format and DRA 12 Steps
 - B. DRA 15 Year Anniversary and Current Stage of Growth
- II Dual Recovery Anonymous World Services, Inc. Resources:
 - A. DRA Central Office
 - B. DRA Online Resource Center (Website)
 - C. DRA Book Store: Literature and Resources
- III. DRA 12 Step Dual Recovery
 - A. Common Feelings and Experiences: Integrating
 - 1. Personal Recovery
 - 2. Managing two "no-fault" illnesses together
 - C. DRA 12 Step Principles for Dual Recovery
 - 1. "Powerless" and "Unmanageable"
 - 2. "Insanity", "Sanity" "Higher Power" "Helping Power"
 - 3. "Personal Inventory" "Assets" "Liabilities"
- IV. DRA Groups and Meetings
 - A. DRA Groups:
 - 1. DRA Group Officers
 - 2. DRA Business Meetings
 - B. DRA Groups Provide:
 - 1. DRA Meetings
 - 2. DRA Social Activities
 - C. DRA Group Support:
 - 1. New DRA Groups and Meetings
 - 2. DRA Growth Within: Area and Region
- V. Provide Support to DRA Members, Groups, and Meetings
 - A. DRA Principles, Traditions, and "Boundary Appropriate" Relationships
 - B. Provide DRA Information: To consumers and community
 - B. Help DRA group members develop their own skills
 - C. Provide information and resources

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